


YEAR 5 STRIKING & FIELDING SUMMER 2


OVERALL OUTCOMES

- ALL:** Can use correct technique when batting, bowling and fielding
MOST: Can apply skills to game situations
SOME: Can apply skills to game situations and show elements of leadership within a team



WEEK 1 / 6


WEEK 1 - THROWING	OBJECTIVE	ACTIVITIES	LEARNING OUTCOME
	<p>To throw accurately in different ways</p>	<p>INSTANT ENGAGEMENT Throwing/ Catching/ Counting- 1) quoits- count in 6's, 2) bean bags- count in 7's, 3) balls count in 11's</p>	<p>ALL: Can throw over/ underarm effectively</p>
	<p>KEY WORDS/EQUIPMENT</p>	<p>WARM UP Quick Fire Instructions- different movement, shape, exercises.</p>	<p>MOST: Can throw over/underarm accurately</p>
	<ul style="list-style-type: none"> > Accuracy > Concentration > Technique > Power > Control > Speed > Tennis balls > Cones > Hoops > Cricket stumps (multiple sets if possible) 	<p>While children are throwing set up a variety of targets and stumps around the playing area.</p> <p>TEACH Overarm Throw</p> <ol style="list-style-type: none"> 1. Stand side on 2. Make muscle man pose (bicep flex) 3. Point non-throwing arm and front foot towards target 4. Rotate hips and shoulders round and release ball as throwing arm comes round to meet non-throwing arm 5. Follow through to target. 	<p>SOME: Consistently select and apply correct throw</p>
	<p>VIDEO</p>	<p>TEACH Underarm throw</p> <ol style="list-style-type: none"> 1. Ball/ object in palm of hand 2. Feet/ non-throwing arm pointing at the target 3. Pull arm slowly back 4. Release ball so that ball travels up. 5. Throwing arm should finish facing the target. 	
	 <p>Overarm throw</p>	<p>FREE PRACTICE Children practice throwing at targets and stumps using overarm and underarm throw. Encourage children to challenge themselves (throwing at stumps from an angle/further away).</p> <p>PARTNER THROW Children select own partner and throw a ball over arm and underarm. Partner gives feedback on technique.</p> <p>HIT THE STUMPS 3 groups of 10. Each group has a set of stumps and 1 ball. Children line up behind a cone 5 metres in front of the stumps. Children take it in turns to throw at the stumps. When a child throws a ball, they go and become the wicket keeper to retrieve the ball for the next person. How many times can your group hit the stumps in 2 minutes?</p> <p>FLOWERS In pairs or 3's each player lays 4 cones in a circle in front of them. Players then take it in turns to throw balls at their partner's cones. If they hit one they get to take it and put it in their circle. Winner is the person with most cones at the end.</p> <p>BEAT THE BALL Player 1 and Player 2 stand 10m away and aim to throw a ball back and forth 10 times. Player 3 stand next to Player 1. When ball is thrown by Player 1, Player 3 then sets off running to Player 2 and back again to complete 10 lengths before the ball does. Repeat for all 3 players.</p>	

OBJECTIVE	ACTIVITIES	LEARNING OUTCOME
<p>To catch consistently</p>	<p>INSTANT ENGAGEMENT Paired throw/catch/count</p>	<p>ALL: Can catch</p>
<p>KEY WORDS/EQUIPMENT</p>	<p>WARM UP 10 star jumps, 10 seconds sprinting on spot, 10 seconds bike riding, 10 squats and 10 down and ups.</p>	<p>MOST: Can use correct catching technique</p>
<ul style="list-style-type: none"> > Accuracy > Concentration > Coordination > Reactions > Positioning > HOWZAT 	<p>TEACH Catching Technique</p> <ol style="list-style-type: none"> 1. Feet in a comfy position facing where the ball is coming from. 2. Hands ready in an open position. 3. Get body behind ball keep watching 4. Watch the ball into the softest part of the hand and cushion ball into body. 	<p>SOME: Can quickly transfer from catch to throw</p>
<p>VIDEO</p>	<p>PRACTICE Partner Throw- use larger ball to support LA.</p>	
	<p>OVERARM THROW TO CATCH children stand 2m away from each other and overarm throw to their partner to catch. EXT-move further away.</p> <p>TURN AND CATCH 2 players stand 1 in front of the other 2m apart, both facing the same way. Player at the back shouts 'GO' and passes the ball to their partner. Partner turns around to face ball on 'GO'. EXTENSIONS- less gap between 'GO' and pass, less space between players, use a cone.</p>	
<p>Catch</p>	<p>CIRCLE DROP In groups of 6/7 children make a small circle. Children throw the ball around the circle. If they drop the ball-</p> <ol style="list-style-type: none"> 1. Stand on one leg, then 2. Kneel down, then 	

WEEK 2 - FIELDING

YEAR 5 - STRIKING & FIELDING - SUMMER 2

WEEK 3 / 6


OBJECTIVE	ACTIVITIES		LEARNING OUTCOME
<ul style="list-style-type: none"> To use fielding skills consistently To know basics of a cricket bowl 	<p>INSTANT ENGAGEMENT Throw and Catch (1 minute). Best Trick- what's the most interesting thing you can do while the ball is in the air and still catch it?</p>		<p>ALL: Can attempt a cricket bowl</p>
<p>KEY WORDS/EQUIPMENT</p>	<p>WARM UP Children move around a large square. Teacher claps or blows whistle and children change direction. Include quick changes. Introduce different movements. Jumping, sidestepping, and skipping.</p>		<p>MOST: Demonstrate correct technique of a cricket bowl</p>
<ul style="list-style-type: none"> > Accuracy > Technique > Focus > Aim > Body position > Tennis balls > Cones > Stumps > Cones 	<p>STATIONS Groups of 5</p>		<p>SOME: Can bowl accurately</p>
<p>VIDEO</p>	<p>GOALKEEPER Give each pair 2 cones and tell them to make a goal 1.5m approx. One player acts as a goalkeeper, partner tries to roll/ underarm throw the ball passed them. 10 throws each. Double points if Long Barrier is used.</p>		
	<p>FLOWERS In 5's each player lays 3 cones in a triangle in front of them. Players then take it in turns to throw balls at their partner's cones. If they hit one they get to take it and put it in their circle. Winner is the person with most cones at the end.</p>		
<p>Cricket Bowl</p>	<p>THROWING GOLF Spread 4 cones over a large area. How many throws does it take each player to each cone? All players play the same 'hole' together at the same time. Add up scores as you are playing.</p> <p>STOPPING CIRCLE In groups of 6 children form a large circle. 1 player from the circle stands in the middle while the rest of the group take it in turns to roll a ball past them. If the person in the middle stops the ball they get a point. Double for Long Barrier. Swap over after everyone has rolled the ball.</p>		<p>20 CATCHES In 5's. 4 children stand in a circle and throw and catch a ball to each other. When they get to 20 they shout 'HOWZAT'. While pair is throwing to each other the batter is running between 2 cones 10m apart. How many runs can they get before they are 'run out'? Swap over.</p> <p>TEACH Bowling- (Guided Group)</p> <ol style="list-style-type: none"> Hold ball in writing hand Grip ball with index and middle over the top of the ball Stand sideways on with weaker arm facing the stumps Feet shoulder width apart, front foot pointing at the stumps. Raise and bend front arm in front of face so that you can see stumps over your elbow and over , brushing ear as it goes past the head Bowling arm remains straight and comes up and over , brushing ear as it goes past the head As bowling arm comes up and over, front arm moves down and hips turn to face the stumps. On release the 2 holding fingers should be facing the stumps. <p>Players stand 17 steps away from each other. Children bowl to each other. Emphasise ball only bouncing once.</p> <p>EXTENSION Bowl at stumps</p> <p>Place 2 sets of cricket stumps next to each other. And a cone 17 steps away. From cone each player attempts to bowl to hit the stumps. Record score to compete against other groups.</p>

WEEK 3 - BOWLING

YEAR 5 - STRIKING & FIELDING - SUMMER 2

WEEK 4 / 6



OBJECTIVE	ACTIVITIES	LEARNING OUTCOME
<p>To hit a bouncing ball</p>	<p>INSTANT ENGAGEMENT Challenges- 10 x 2 hand catch, 10 x 1 hand catch, 10 x 1 hand bounce, 10 x alternate hand bounce.</p> <p>WARM UP Teacher Commands- children run round a space and react to teacher's commands. i.e. "touch your toes" etc.</p>	<p>ALL: Can hit a ball consistently</p>
<p>KEY WORDS/EQUIPMENT</p>	<p>Running Recap on bowling technique.</p>	<p>MOST: Can select direction of strike</p>
<ul style="list-style-type: none"> > Concentration > Practice > Precision > Coordination > Focus > Swing > Power > Technique > Accuracy > Vertical <ul style="list-style-type: none"> > Cricket bats > Tennis balls > Cricket stumps 	<p>FREE BOWLING PRACTICE With partner stood 17 steps away aim at their legs</p> <p>GIVE CRICKET BATS OUT- 1 BETWEEN 2.</p> <p>TEACH Cricket grip- use key vocab http://news.bbc.co.uk/sport1/hi/cricket/skills/4173594.stm</p> <p>TEE HIT Players have 3 shots each to hit the ball off a tee or cone. Partner gives feedback based on key vocab and teaching points.</p> <p>PARTNER HIT Children under arm throw to their partner who hits it back to them. 10 shots each. Emphasise keeping a vertical bat. And not swinging like a baseball bat.</p> <p>FRENCH CRICKET 5 players, 1 batter, 4 bowlers. Bowlers bowl at the batters legs while batter hits the ball away from legs. If the ball hits batters legs or a bowler catches it then the batter is out. If player reaches 8 shots they have to retire and let someone else bat.</p> <p>BOWL OUT Play with as many teams as you have sets of stumps. Bowlers line up behind a cone 10m away from stumps and are allowed one bowl. All children attempt overarm cricket bowl but if unable to bowl accurately throw underarm. Once bowled, move to back of the line. Winning team is the team that hits the stump the most after everyone has had 2 goes.</p> <p>GOALS (Ability groups)- Teams of 5</p> <ol style="list-style-type: none"> 1. 1 batter/ 4 fielders 2. Fielders make their individual goal (approx. 4steps wide) in a semi-circle 5m in front of batter 3. Batter strikes a ball off a tee and tries to score in each fielder's goal. 	<p>SOME: Begin to strike with power</p>
<p>VIDEO</p>		
		
<p>Cricket grip and shot</p>	<p>EXTENSION Players underarm throw to batter.</p>	

WEEK 4 - STRIKING

YEAR 5 - STRIKING & FIELDING - SUMMER 2

WEEK 5 / 6



	OBJECTIVE	ACTIVITIES	LEARNING OUTCOME
WEEK 5 - APPLYING SKILLS	<p>To understand principles of a game</p>	<p>INSTANT ENGAGEMENT Class throwing and catching 4 balls get passed around the class. If the teacher spots someone not moving or a dropped ball then players then a point is scored. 2 star jumps per point scored.</p> <p>WARM UP Child led.</p> <p>RUNNING RECAP Fielding, Bowling Batting technique.</p> <p>BOWL OUT 2 teams. Bowlers line up behind a cone 10m away from stumps and are allowed one bowl. All children attempt overarm cricket bowl but if unable to bowl accurately throw underarm. Once bowled, move to back of the line. Winning team is the team that hits the stump the most after everyone has had a go.</p> <p>ACCUHIT Split class into 2 teams. Batters line up behind stumps. For each new bowler a new batter steps up to the crease. Set up different goals in the field worth varying amounts of points. Batters try to hit the ball through targets to score points for their team.</p> <p>NON- STOP CRICKET</p> <ol style="list-style-type: none"> 1. Set up a pitch with 1 sets of stumps and a cone either side 3m away to run around. 2. 2 teams of 6, one batting, one fielding. 3. Bowler bowls from at least 17 steps away (overarm or underarm). Change bowler for each batter. (model first) 4. Batters hit the ball and have to run round a cone of their choice. 1 point for every time they make it back to the wickets. 5. Fielders have to get the ball back to bowler who can bowl at any time whether the batter is back or not. 6. Batter is out if they are caught, the ball hits the wickets or the batter hits their own wickets. Retire at 6 runs. 7. When all batters are out, teams swap over. <p>Have multiple games running at once</p>	<p>ALL: Can explain rules of a game</p> <p>MOST: know how to win</p> <p>SOME: Can consistently show teamwork and fair play</p>
	<p>KEY WORDS/EQUIPMENT</p> <ul style="list-style-type: none"> > Accuracy > Technique > Run > Concentration. > Teamwork > Tennis balls > Cones > Stumps > Cricket bats 		

YEAR 5 - STRIKING & FIELDING - SUMMER 2

WEEK 6 / 6



	OBJECTIVE	ACTIVITIES	LEARNING OUTCOME
WEEK 6 - APPLYING SKILLS	<p>To apply skills to a game situation</p>	<p>INSTANT ENGAGEMENT Throwing/ Catching/ Counting- 1) quoits- count in 6's, 2) bean bags- count in 7's, 3) balls count in 11's</p> <p>WARM UP Partner Stretching and raising heart rate activities.</p>	<p>ALL: Can strike, field and bowl</p>
	<p>KEY WORDS/EQUIPMENT</p> <ul style="list-style-type: none"> > Teamwork > Technique > Concentration > Fair play > Skills > Stumps > Cricket bats > Tennis balls > Cones 	<p>RUNNING RECAP Fielding, Bowling Batting technique</p> <p>FRENCH CRICKET 5 players, 1 batter, 4 bowlers. Bowlers bowl at the batters legs while batter hits the ball away from legs. If the ball hits batters legs or a bowler catches it then the batter is out. If player reaches 8 shots they have to retire and let someone else bat.</p> <p>MINI CRICKET 2 teams of 8 (1 batting, 1 fielding)</p> <ol style="list-style-type: none"> 1. 1 wicket keeper/ 1 bowler (swaps for every batter) 2. 1 set of stumps. Bowler places a cone 17 steps away from stumps 3. 1 cone 3m to the side of the stumps (for batter to run round) 4. Each batter gets 3 good bowls 5. Batter can run at any time after a bowl has been bowled regardless of whether they've hit it or not and can run more than once. 6. Must stop running when ball is back in the bowlers hands 7. Bowler must wait until batter is ready before bowling the next ball. 8. Players can be out if: they are bowled, caught or a fielder throws a ball at the stumps mid run (run out). <p>When all batters have had a go, teams swap over.</p> <p>Comment on teamwork and good examples of fielding.</p>	<p>MOST: Can strike, field and bowl consistently</p> <p>SOME: Show high levels of skill in all aspects of the game</p>